New Salads

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By Her Salads you shall know her

THERE'S magic in simple lettuce when she serves it. And with common vegetables and fruits, she creates symphonies a chef might be proud of.

Her friends say enviously that she's a "born cook" and she usually laughs and lets it go at that. But if she likes you she'll tell you the secret.

The "zip", the point of every salad is in the dressing. Try one without a dressing some time and see how flat it falls.

Then work this little miracle—to any one of your familiar dressings add the bright sparkling flavor of Colman's Mustard. The whole salad springs to life.

French or mayonnaise, boiled, cream or Russian—all your well-known dressings take new brilliance from the vivacious flavor of Colman's.

This special racy flavor of Colman's Mustard comes from a mustard seed that grows only in the fields of Lincolnshire, England, where Jeremiah Colman found it over a hundred years ago.

Delightedly he encouraged its cultivation until now the raising of this particular golden seed for Colman's has become the traditional business of the Lincolnshire countrymen.

Good everyday egg dishes, rice, cheese, macaroni, too, can gain new interest from Colman's Mustard.

In the pages following you'll find some salad combinations, old and new, salad dressings to pique the appetite, and some useful suggestions for cooked foods, leftover dishes, hors d'oeuvres, and savory bits with the tang that men like—the tang that only Colman's Mustard can give.

The recipes have been tested by a cookery expert who believes that not one of them will disappoint you.

Salad Dressings

with a bright edge of flavor

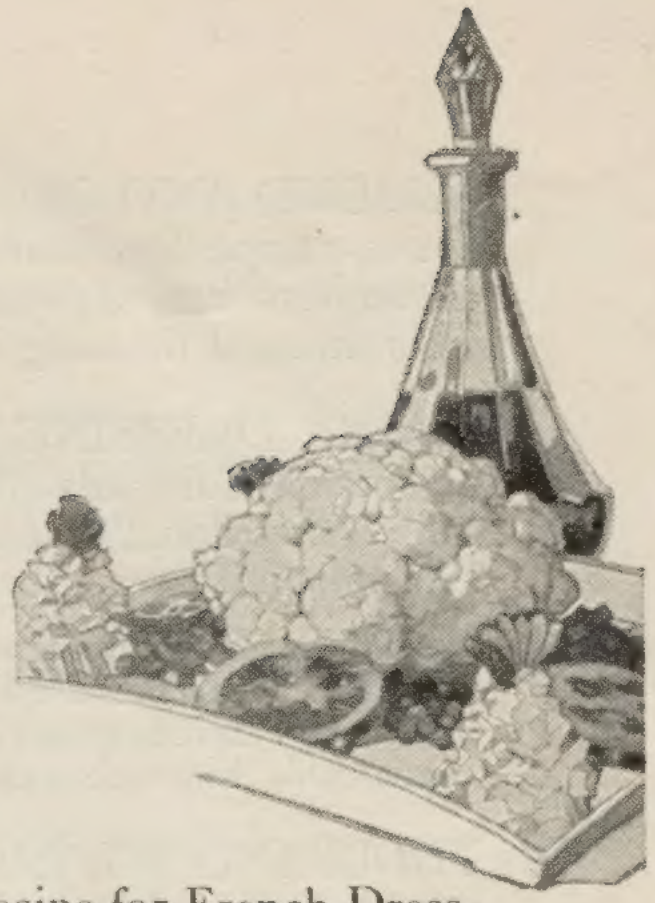
THE MAN who thinks that salad is a woman's dish has never tasted a salad with the brisk flavor of Colman's Mustard in its dressing.

MAYONNAISE DRESSING—3 level teaspoons Colman's Mustard; 1 teaspoon salt; 1 teaspoon powdered sugar; 2 egg yolks; 2 tablespoons lemon juice; 1½ cups salad oil:

Into the well-beaten egg yolks stir the dry ingredients, then the lemon juice. Add the oil gradually, beating the mixture constantly. Add a little more lemon juice if it becomes too thick to beat, then add the remainder of the oil.

CHERRY MAYONNAISE—To the above recipe for Mayonnaise Dressing, add ½ cup maraschino cherries. This is very nice with fruit salad.

FRENCH DRESSING—½ cup oil; 2 tablespoons vinegar; 1 teaspoon paprika; 1 teaspoon powdered sugar; ½ teaspoon Colman's Mustard; 2 teaspoons salt; dash cayenne:



Place all of the ingredients in a bottle or cruet, chill, shake vigorously just before serving. A little onion juice, garlic or Worcestershire sauce may be added if desired.

ORANGE DRESSING—To the above recipe for French Dressing, add ½ cup orange pulp and a little salt, if desired. Serve with fruit salads.

CLOVE DRESSING—To the recipe for French Dressing, add ⅛ teaspoon ground cloves. Gives a new flavor to fruit salads—especially if canned pears or peaches are used.

CUCUMBER DRESSING—To the recipe for French Dressing, add ½ cup grated cucumbers. A delightful dressing for green salads, or for salmon salad.

HARLEQUIN SALAD DRESSING—To the recipe for French Dressing, add ½ cup finely chopped beets, ½ hard boiled egg chopped fine, ½ teaspoon chives. (A few drops of onion juice and 1 teaspoon finely chopped parsley may be substituted for chives.) A gay and colorful dressing for endive or heart of lettuce.

RUSSIAN DRESSING—1 cup mayonnaise or boiled dressing; 2 tablespoons thick chili sauce; 2 tablespoons tomato catsup; 2 tablespoons Worcestershire sauce:

Mix together thoroughly the other ingredients and to them add the mayonnaise. Serve this with lettuce, vegetable, or mild fruit salads.

BOILED DRESSING—½ cup cream; ½ cup milk; 4 tablespoons sugar; 2 tablespoons flour; 2 level teaspoons Colman's Mustard; ¼ teaspoon salt; 2 egg yolks; ¼ cup vinegar; whipped cream if desired:

Heat the cream and to it add the dry ingredients stirred smooth with the milk. Cook over boiling water until thick, then add the beaten egg yolks and vinegar and cook for 3 minutes more. When using dilute with whipped cream if desired.

ALMOND AND CUCUMBER DRESSING—To the above recipe for Boiled Dressing, add ½ cup diced cucumbers and ¼ cup chopped blanched almonds. This unusual dressing is delicious with fruit salad.

MAINE DRESSING FOR FISH SALADS—2 level teaspoons Colman's Mustard; 2 tablespoons sugar; 1 tablespoon flour; 1 teaspoon salt; pinch of cayenne; 1 tablespoon butter; 2 eggs; ½ cup vinegar:

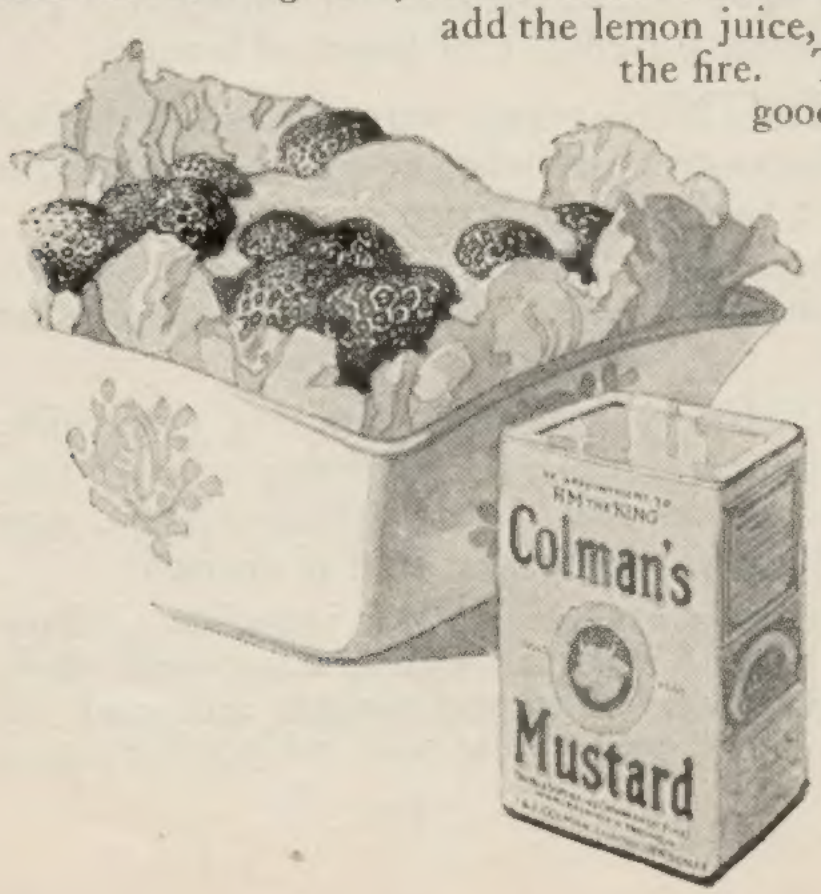
Mix the dry ingredients, then add beaten eggs, then the vinegar heated, then the butter. Cook in double boiler, stirring constantly. If it becomes lumpy, beat smooth with egg beater. When cold, thin with cream or milk.

THOUSAND ISLAND DRESSING—1 cup mayonnaise or boiled dressing; ¼ cup thick chili sauce; ¼ cup catsup; 1 tablespoon chopped green pepper; 3 tablespoons chopped pimiento; 3 tablespoons chopped beets:

Stir together the other ingredients and to them add the mayonnaise. This is especially good on head lettuce salad.

CREAM DRESSING—1 ½ cups sour cream; 3 tablespoons flour; 4 tablespoons sugar; ½ teaspoon salt; 2 level teaspoons Colman's Mustard; 2 tablespoons lemon juice:

Heat the cream, add to it the dry ingredients which have been blended together, cook over hot water stirring until thick, add the lemon juice, and remove from the fire. This is especially good for a fruit salad.



GOLDEN DRESSING—1 cup canned pineapple juice; yolks of 2 eggs; ¼ cup sugar; 2 tablespoons flour; 2 level teaspoons Colman's Mustard; 2 tablespoons lemon juice; 1 cup whipped cream:

To the hot pineapple juice add the sugar, flour and mustard which have been mixed together. Cook in double boiler until thick. Add to the beaten egg yolks and lemon juice. Return to double boiler and cook 3 minutes more. When cool add 1 cup of whipped cream.

HONEY DRESSING FOR FRUIT SALAD—⅓ cup honey; ¾ cup water; 1 level teaspoon Colman's Mustard; ½ teaspoon salt; paprika; ¼ cup vinegar; 1 tablespoon flour; 2 egg yolks; ⅓ cup sour cream:

Heat the honey and water in a double boiler. Mix the dry ingredients with the vinegar and add to the first mixture. Pour a small amount of the hot mixture over the beaten egg yolk and return to the double boiler. Cook all together until clear. Add the whipped sour cream just before serving.

DRESSING FOR POTATO SALAD—2 tablespoons flour; 2 tablespoons sugar; 1 level tablespoon Colman's Mustard; 1 teaspoon salt; ½ cup vinegar; 2 tablespoons butter; dash of pepper; 1 cup cream:

Mix dry ingredients well, add vinegar and butter. Cook in double boiler until it thickens, stirring constantly to keep smooth. Cool. When using, add 1 cup of cream gradually.

A GOOD CAMP DRESSING—4 tablespoons flour; 1 tablespoon salt; 1 level tablespoon Colman's Mustard; dash of red pepper; 1 cup water; ½ cup vinegar; 3 tablespoons butter:

Mix dry ingredients. Add water and vinegar very slowly to prevent lumping. Heat in double boiler and when warm add butter. Cook until thick, stirring constantly. When using, may be thinned if desired with cream or oil. This dressing keeps a long time and is very useful when eggs and milk are not available.

Salad combinations

OLD AND NEW

"Crisp" and "cool"—let these be your watchwords in salad making.

Always make your salad at the very last minute so it will still be cold when it's served, or keep it in a cool place before serving.

And never forget the spark of flavor in the dressing that makes your salad a miracle to taste—the bright, lively flavor that only Colman's Mustard can give.

Salad greens stay deliciously crisp if you keep them in a covered container in a cold place. But take care not to add the dressing until you are all ready to serve, since dressing wilts salad greens. Except, of course, celery and cabbage. These vegetables taste better to most people if they are marinated in a good French Dressing—and so do cooked vegetables and cooked meats. To marinate salad ingredients, mix them deftly with just enough French Dressing to coat each bit of vegetable or meat, let stand in a cool place for about an hour, or longer, and chill before serving.

You probably know that vegetables, meats or fish look much more appetizing in salads if they are cut in fairly large pieces.

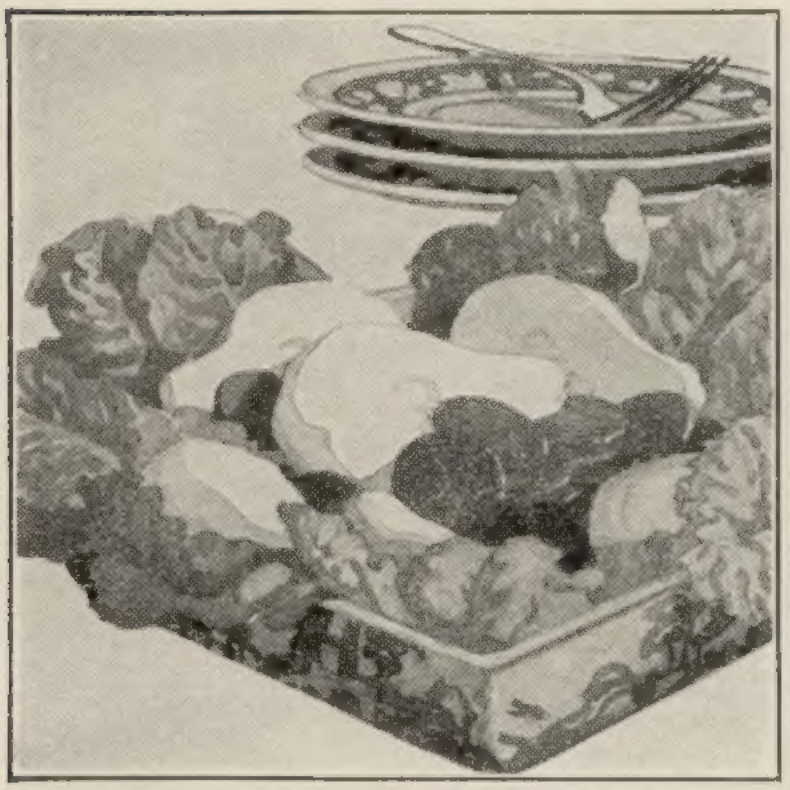
And all ingredients look more inviting if they are not stirred but are lightly tossed together.

Light salads—lettuce or cabbage, cress, celery, tomato

or cucumber—with French Dressing are the most appropriate for a heavy dinner, while the more substantial meat, fish, or vegetable combination salads with mayonnaise supply a very adequate main course for luncheon or supper.

The invention of new salad combinations is one of the happiest expressions of a housewife's ingenuity. Following are some that other women have served with pleasure to themselves and their families and with profit to their reputations as cooks.

STRAWBERRY SALAD—1 head of chicory or 1 head of lettuce shredded; 1 box large strawberries; 6 slices canned pineapple; a few walnuts or pecans, chopped:



Wash chicory or lettuce and crisp in cold water. Wash and hull berries, let stand in refrigerator until cold. On bed of chicory or lettuce place slices of pineapple and cover with berries. Top with mayonnaise mixed with equal quantity of whipped cream. Sprinkle with nuts. If berries are sour, sprinkle with powdered sugar before adding dressing.

PEAR SALAD DESSERT—6 halves canned or fresh pears; 1 teaspoon candied ginger chopped fine; 12 tablespoons boiled dressing; 6 tablespoons slightly sweetened whipped cream; 1 small cream cheese; paprika and salt to taste:

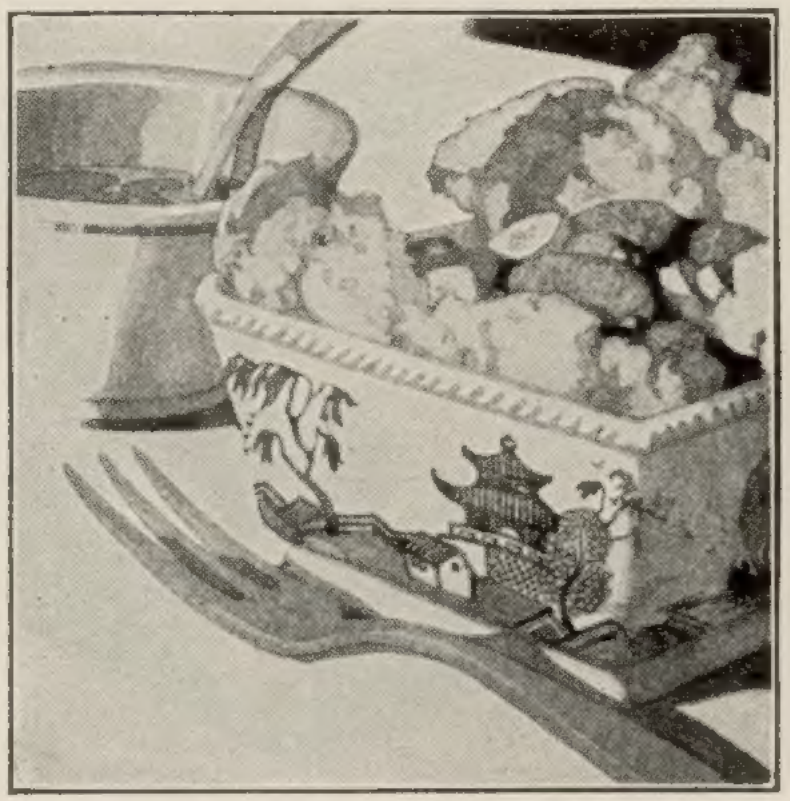
Arrange each half of pear, hollow side up, on lettuce and sprinkle with candied ginger. Cover each with 2 tablespoons boiled dressing, 1 tablespoon whipped cream slightly sweetened (1 teaspoon powdered sugar to 6 tablespoons cream). Over all sprinkle cream cheese that has been put through ricer. Serve cold with dash of paprika in center.

FRENCH FRUIT SALAD—2 oranges; 3 bananas; ½ lb. Malaga grapes; 12 English walnuts; 1 head lettuce;

Peel oranges, separate into sections, and remove skin from each section. Peel bananas and cut in ¼ inch slices. Remove skins and seeds from grapes. Break walnut meats in small pieces. Mix all together carefully and arrange on lettuce leaves. Serve with Orange Dressing or with Cherry Mayonnaise.

CIDER SALAD—4 medium sized red apples; 1 cup chopped celery; ½ cup finely shredded cabbage; ⅛ cup seedless raisins; ½ cup sweet cider; ½ cup chopped walnuts; 4 teaspoons mayonnaise:

Mix together the celery, cabbage, raisins, and cider and let stand on ice several hours so flavors will be well blended. Scoop out centers from apples (save centers for apple sauce) and fill with chilled mixture which has been well mixed with the mayonnaise. Sprinkle with nuts. Serve cold on crisp lettuce.



CABBAGE AND PINEAPPLE SALAD—3 cups shredded cabbage; 1 teaspoon salt; ¾ cup mayonnaise; 1 head lettuce; 3 slices pineapple; 2 tablespoons pimientoes minced:

Let shredded cabbage soak in cold water until crisp. Drain thoroughly and mix with the salt and half of the dressing. Pile lightly on crisp lettuce leaves and place halves of pineapple slices around in vertical position to hold cabbage in place. Top with the rest of the mayonnaise to which the minced pimientoes have been added. Also very nice made with 1 cup grated pineapple (instead of sliced) mixed with the cabbage.

PARSNIP SALAD—1 cup grated raw parsnips; 2½ cups finely chopped apples; ½ cup finely chopped peanuts; 1 tablespoon sugar; 1¼ teaspoons salt; mayonnaise:

Mix all ingredients, using just enough mayonnaise to moisten, and serve cold on crisp lettuce. If desired, the chopped peanuts may be omitted, and 1 tablespoon of peanut butter added to the mayonnaise.

HAM SALAD—2 eggs; 1 lb. boiled ham chopped fine; ½ doz. small pickles sliced; 2 stalks celery chopped; 1 tablespoon butter; 8 tablespoons vinegar; ½ teaspoon Colman's Mustard; salt and pepper to taste; lettuce:

Beat eggs, and mix with other ingredients in double boiler. Cook over boiling water until creamy. Chill and serve on crisp lettuce leaves.

CUCUMBER AND OLIVE SALAD—2 cucumbers; 2 hard-boiled eggs; 3 tablespoons French Dressing; ⅔ cup sliced stuffed olives; ½ cup broken pecan meats; lettuce leaves:

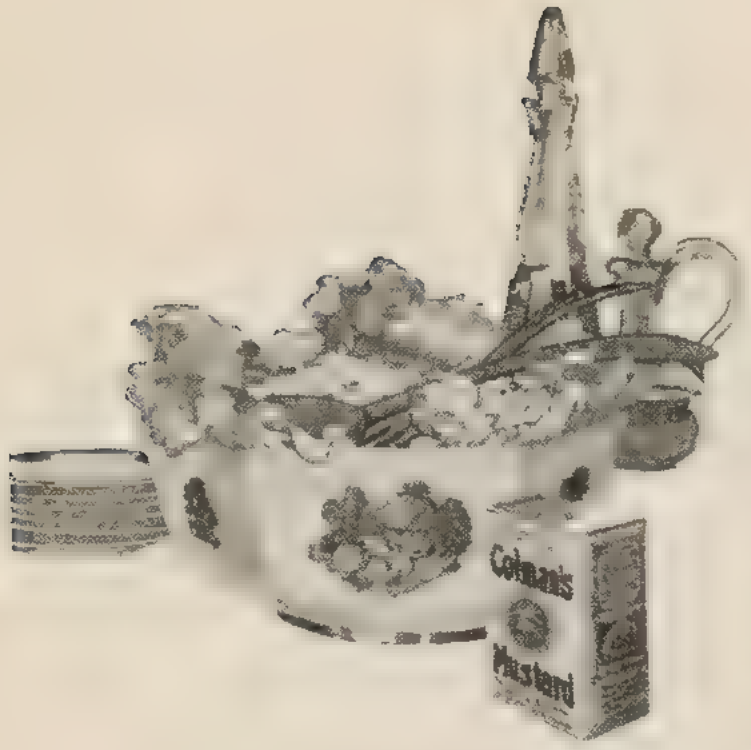
Peel and dice cucumbers and hard boiled eggs, reserving the ends of the eggs for garnishing. Add the sliced olives and pecan meats. Line bowl with lettuce so it looks like a rose. Pile salad in middle after it has been mixed with the French Dressing. Decorate with the ends of the eggs, bands of pimientoes and a few stuffed olives.

DEVILED EGG SALAD—6 hard boiled eggs; 1½ teaspoons butter; 1 teaspoon cream; 2 tablespoons vinegar; scant teaspoon Colman's Mustard; pinch cayenne; ¾ teaspoon salt:

Split the eggs lengthwise, remove the yolks. To the yolks add the other ingredients and mix to form a paste. Refill the whites and serve on lettuce leaves with mayonnaise, or with Almond and Cucumber Dressing.

This may be varied by adding ½ cup minced ripe olives or 2 tablespoons tomato sauce and 1 tablespoon Worcestershire sauce.

ASPIC JELLY WITH EGG SALAD—3 cups stewed tomato (fresh or canned); 1 onion; 3 stalks celery; 1 bay leaf; 1 clove; ¼ green pepper pod; 1 tablespoon sugar; 1 level teaspoon Colman's Mustard; 1 teaspoon salt; ½ box gelatin; ½ cup cold water:



Cook tomato with the seasonings and strain over the gelatin which has been soaked in cold water. Place half of a boiled egg cut-side down in each of half a dozen molds. Cover with the jelly. Let cool and serve on lettuce leaves with mayonnaise.

BEET ASPIC SALAD—8 to 10 small beets; 1 cup water; ¾ cup vinegar; 1½ tablespoons granulated gelatin; 2 whole allspice; ½ cup sugar; 1 teaspoon salt; 4 whole cloves; 2 bay leaves crushed:

Boil beets until tender and slice thinly into ring mold. Soak gelatin in the cold water, mix with the other ingredients and cook for five minutes. Strain into mold and, when cool, place in refrigerator to set. Turn out on bed of lettuce and serve in thin slices with boiled dressing.

SPINACH SALAD—1 pint boiled spinach; 2 tablespoons oil; 1 tablespoon vinegar; ½ teaspoon Colman's Mustard; salt; pepper:

Add seasonings to oil and vinegar and mix with spinach. Pack lightly in six molds to cool. Place a slice of cold ham on young lettuce leaves and on each slice turn a mold of spinach. Garnish with slices of hard boiled egg. Serve with French Dressing, Clove Dressing or mayonnaise.

FISH SALAD—1 lb. boiled fish; 2 tablespoons oil; 2 tablespoons vinegar; 1 level teaspoon Colman's Mustard; ½ teaspoon salt; 1 cup chopped celery; ¼ cup mayonnaise:

Flake the fish while hot, if possible; toss up with oil, vinegar, and seasonings and let cool, add celery and mayonnaise. Dip a large spoonful onto a leaf of curly lettuce and garnish with strips of pimiento and with mayonnaise if desired.

Meats and Entrees

You can confer distinction on many a simple, familiar dish if you point its flavor with a spark of Colman's Mustard.

BAKED HAM—1 12-lb. ham; 4 level teaspoons Colman's Mustard; 1 cup vinegar; 1 cup water; 1 cup brown sugar; 4 dozen whole cloves; 6 red apples:

Boil the ham 2 hours, then remove the skin from two-thirds of the ham leaving one-third on the shank end. Place in a roaster with the fat side up and bake slowly 1 hour, basting frequently with a mixture of water, vinegar and mustard. Then remove from the oven, rub over with brown sugar and dot over with the cloves. Place around it the apples halved and cored, and bake for about 2 more hours in a moderate oven. Serve garnished with the baked apple and parsley.

SAVORY BAKED HAM—1 slice ham (1 inch thick or more); 2 level tablespoons Colman's Mustard; 2 tablespoons water; about 1 cup milk:

Make a paste of the mustard and water and rub it on both sides of the ham. Place ham in a baking dish slightly larger, add milk almost to cover and bake in a moderate oven until milk is absorbed and the top of the ham is nicely browned. This requires about 45 minutes.

BREAD AND CHEESE SOUFFLÉ—3 half-inch slices buttered bread; ¼ lb. American cheese; 2 eggs; 1 pint milk; 1 level teaspoon Colman's Mustard; salt and paprika to taste:

Cut buttered slices of bread in one inch squares. Butter a small casserole and lay in one-third of the bread. Sprinkle with a little salt and paprika. Cover with a layer of American cheese, grated or very thinly sliced, and a light

sprinkle of mustard. Repeat until all the bread is used, the top layer of cheese sprinkled with mustard. Add a few dashes of paprika. Beat eggs, add milk and pour over bread. Bake one-half hour in fairly hot oven (400° F.).

GRILLED MUTTON—Six inch-thick slices cold mutton; 2 level teaspoons Colman's Mustard; 4 teaspoons olive oil; 2 teaspoons vinegar; cayenne to taste:

Mix the mustard, olive oil, vinegar, and cayenne. Score the slices of mutton and spread mustard mixture in the incisions. Broil over clear hot fire. Place on heated platter and season with salt, pepper and butter. Serve very hot with currant jelly.

DEVILED MEAT FRITTERS—Soak sliced cold meat in a batter made of 2 level tablespoons Colman's Mustard, 3 tablespoons flour, 2 eggs, 1 teaspoon salt, few grains cayenne pepper, 1 teaspoon sweet oil and 1 teaspoon vinegar. Fry slices light brown in hot oil or drippings. Gradually pour remaining batter into 1 cup hot soup stock, stirring constantly to prevent lumps. Bring to boil slowly, add 1 teaspoon butter. When it has thickened, pour over meat and serve.

HAM PIQUANT—1 lb. thinly sliced cooked ham; 1 level tablespoon Colman's Mustard; ¼ teaspoon black pepper; dash of cayenne; ¾ cup grated Parmesan or American cheese:

Mix the mustard and seasonings with enough milk to form a thick paste. Spread this on the slices of ham and sprinkle each slice with cheese. Stack the ham in the shape of a brick and tie with a string. Bake for 30 minutes in a moderate oven basting occasionally with the ham fat as it runs out into the

pan. When cold remove the string and cut in slices downward through the layers.

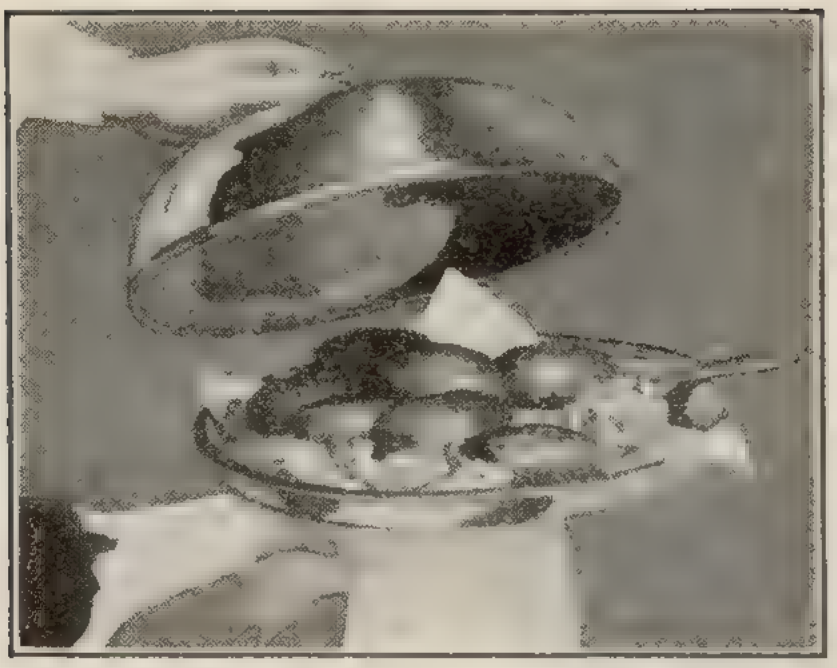
SAVORY ONIONS—6 to 8 medium-sized onions; 1 tablespoon butter; 1 tablespoon flour; 1 cup water in which onions were boiled; 1 level teaspoon Colman's Mustard; 1 teaspoon salt; a pinch each of thyme and of sage:

Boil onions in well-salted boiling water five minutes. Drain and throw away water. Then cover again with boiling salted water and cook until tender. Make a white sauce of the butter, flour, and 1 cup of water in which onions were boiled. Add thyme, sage, mustard and salt. Drain the onions and let them simmer in the sauce for a few minutes. Serve on buttered squares of toast.

OYSTERS STEWED (*Old Maryland Recipe*)—1 pint oysters; ¼ cup butter; 1 tablespoon flour; 1 level teaspoon Colman's Mustard; 1 cup oyster liquor (boiled and strained); 1 cup hot water; 1 cup hot milk; 1 teaspoon salt:

Allow the liquor to heat and to it add the butter, flour, and seasonings which have been rubbed together. Cook for 5 minutes stirring constantly. Add the oysters and cook for a few minutes until oysters are done. Do not cook until oysters toughen. Serve immediately.

FISH CROQUETTES (*with Tartar Sauce*)—1 cup flaked cold fish; 1 cup mashed potatoes; 1 level teaspoon Colman's Mustard; 1 tablespoon melted butter; 1 egg. For tartar sauce—1 tablespoon each of finely chopped pickles, olives and capers; ½ teaspoon lemon juice; 1 cup mayonnaise dressing:



Mix the fish, mashed potatoes, mustard and melted butter and form into balls; dip in beaten egg, then in crumbs, and fry in deep fat. Serve with Tartar Sauce made by adding chopped pickles, olives and capers, and lemon juice to the mayonnaise.

SMOTHERED BEEF—3 lbs. beef suitable for pot roast; 2 tablespoons flour mixed with 1 teaspoon salt and a few grains pepper; 3 large onions sliced; 3 tablespoons oil or drippings; 1 level tablespoon Colman's Mustard; 1 teaspoon celery seed; 1 cup strained tomatoes; 2 teaspoons salt; 1 tablespoon Worcestershire sauce:

Dredge the meat with the flour and brown it in a heavy iron pan. Fry the onions in the oil and add the other ingredients. Pour this sauce over the meat and simmer 3 hours or more.

Cold roast meat, fowl or chicken giblets may be very attractively prepared in a similar manner.

DEVILED TOMATOES—3 large tomatoes; 2 tablespoons butter; 1 egg yolk; 1 level teaspoon Colman's Mustard; 1 tablespoon vinegar; ¼ teaspoon salt; few grains pepper:

Cut the tomatoes in half and over the cut surface of each half spread the butter mixed to a paste with the other ingredients. Bake half an hour in a moderate oven.

POULTRY DRESSING—One level tablespoon of Colman's Mustard added to your usual recipe for stuffing for roast fowl gives it surprising new deliciousness.

An English Relish

and some savories and sauces

To ADD a bright touch to sandwiches, cheese or cold meats serve Colman's Mustard in the famous English way.

A FAMOUS ENGLISH RELISH—Mix Colman's Mustard with cold water to the consistency of rich cream and let it stand 10 minutes to develop its full piquancy.

WELSH RAREBIT—1 tablespoon butter; 1 tablespoon flour; 1 cup milk; ½ teaspoon salt; few grains pepper; 1 level teaspoon Colman's Mustard; ¼ to 1 lb. cheese; 6 slices buttered toast:

Heat the milk over hot water. Blend together the butter, flour and seasonings, drop them into the hot milk and cook, stirring constantly until thick. Add the cheese. Beat until melted and serve very hot on toast.

MOCK PÂTÉ DE FOIE GRAS—1 calf's liver (20 ounces); ¼ teaspoon black or white pepper; few grains cayenne; ¼ teaspoon ground nutmeg; 1½ teaspoons Colman's Mustard; ¾ teaspoon salt; 3 tablespoons water in which a minced onion has been boiled; ¼ cup liquor from boiling calf's liver:

Cook a calf's liver in salted water until very tender; grind in a meat cutter. Moisten with 2 tablespoons melted butter. Work into a paste with the seasonings. Pack in jars that have been buttered, cover with melted butter and set aside to be used for sandwich filling or to serve on biscuits or crackers for afternoon tea.

HOLLANDAISE SAUCE—½ cup butter; yolks of 3 eggs; 1 tablespoon lemon juice; ½ teaspoon salt; 1 level teaspoon Colman's Mustard; few grains pepper; ½ cup boiling water:

Beat the butter to a cream, add the yolks of the eggs one at a time and beat well, then add the mustard, salt and pepper stirred smooth with lemon juice. About 5 minutes before serving add the boiling water a little at a time stirring well. Place the bowl in a sauce pan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

Minced parsley, onion juice or grated onion may be added. The juice and grated rind of orange added makes a pleasant addition for use with asparagus.

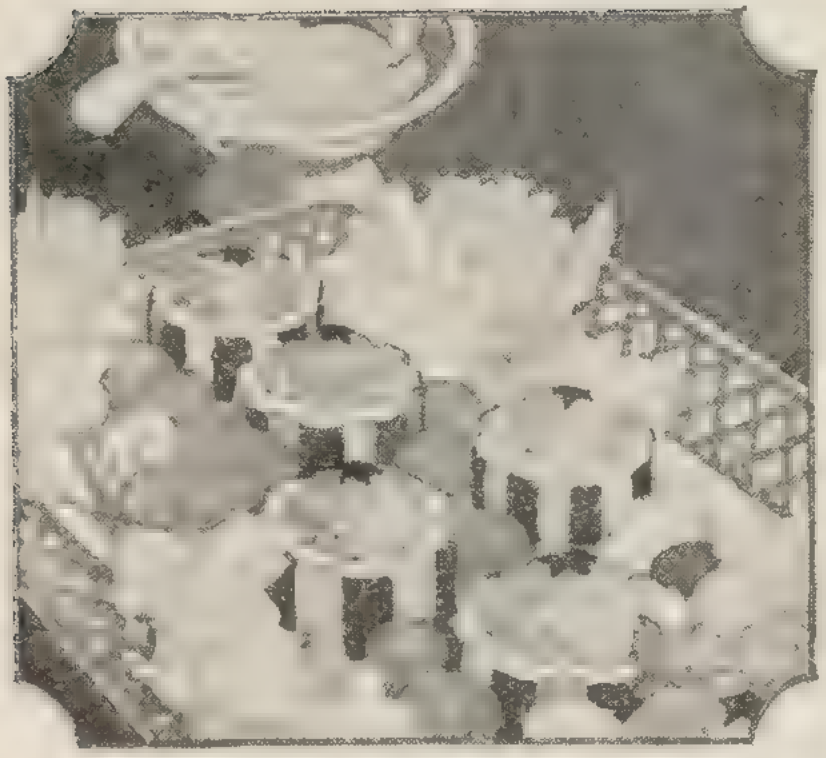
SAVORY SAUCE—2 large onions; 1½ tablespoons butter; 1 tablespoon flour; 1 level tablespoon Colman's Mustard; light dash of cayenne; 1¼ teaspoons salt; 2 tiny pickles chopped fine; 1 cup of stock or boiling water.

Mince onions and cook slowly in butter until tender. Stir in and blend with the onion the flour, mustard, salt, cayenne, and chopped pickles. Gradually add hot stock or boiling water and stir until it comes to a boil. Serve hot with fresh cooked or warmed over meats, or with sliced hard boiled eggs.

CLUB SAUCE—1 tablespoon flour; 1 tablespoon butter; 1 cup milk; ¼ teaspoon salt; ⅛ teaspoon pepper; ½ teaspoon Colman's Mustard; ½ teaspoon Worcestershire (if desired); ⅓ lb. American cheese:

Heat milk in the double boiler. Cream butter and flour into a soft ball. Drop into the hot liquid and stir until the mixture thickens. Then add seasonings and cheese and beat until the cheese is melted. This may be used with au gratin dishes like macaroni, rice and potatoes and can also be served on rice, poached eggs, fish, croquettes, vegetables, etc.

Hors D'Oeuvres



Hors d'oeuvres are appropriate before either luncheon or dinner and these tiny whets to the appetite are becoming more and more the thing to serve.

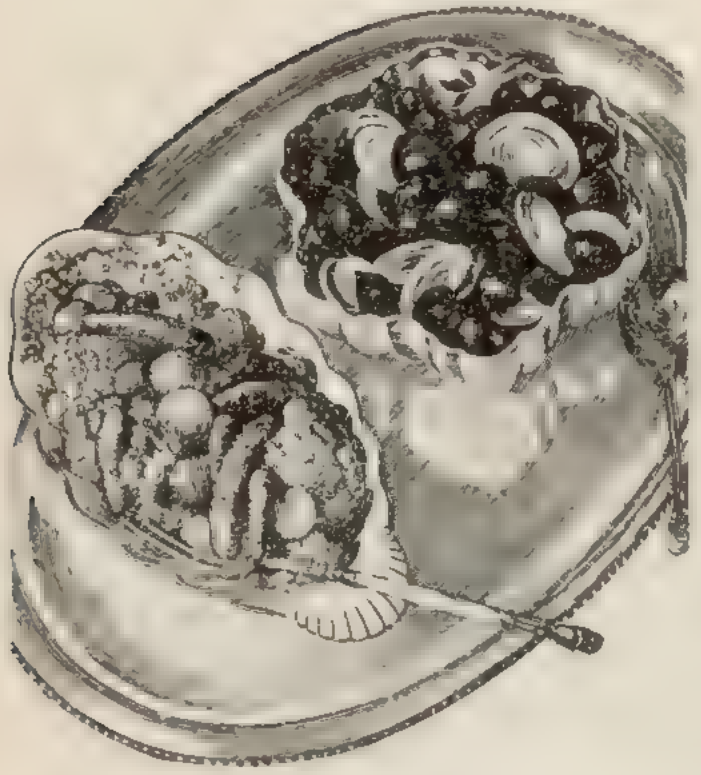
STUFFED CUCUMBERS—2 or 3 large cucumbers; 2 hard boiled eggs; 1 tablespoon butter; 2 boned sardines; finely chopped parsley; French Dressing:

Cut cucumbers in pieces about 1½ inches long, discarding end pieces. Then cut away strips of peel, leaving a striped green and white effect. Scoop out centers of cucumber sections to form cups, and marinate in French Dressing for an hour, in the refrigerator. Meanwhile chop the pulp very fine. Chop yolks of hard boiled eggs, add butter, sardines and parsley. Mix well, and add cucumber pulp at the last moment. Fill cucumber cups with mixture piled high in centers. Top with a star of pimiento.

SCOTCH SNIPE—1 can sardines; 3 tablespoons cream; a few drops lemon juice; yolks of 2 eggs; 1 tablespoon melted butter; 1 level teaspoon Colman's Mustard; 1 teaspoon salt; a dash of cayenne:

Mince the sardines, add a few drops of lemon juice and 2 tablespoons of cream. Mix well and spread between thin strips of buttered bread. Place the strips in the oven until hot, then cover with a dressing made as follows: Mix beaten yolks of eggs with 6 tablespoons cream. Beat into this the melted butter and cook until it begins to thicken, stirring constantly. Add mustard, cayenne and salt. If this becomes lumpy, beat well with egg beater until smooth. Serve 2 to a portion and garnish with sliced stuffed olives or parsley.

Pickles and Relishes



IN SO many branches of cookery the brisk flavor of Colman's Mustard marks the difference between the distinguished dish and the commonplace.

But in relishes and pickles your mustard is essential. Their only excuse for being is their lively flavor, and for this they depend upon the mustard.

That is why in pickles and relishes especially you want the raciness, the pungency that only Colman's Mustard can give—the particular brightness of that golden mustard seed that Jeremiah Colman found in Lincolnshire, England, over a hundred years ago.

MUSTARD BOUQUET—1 qt. small white onions; 6 sweet green peppers; 3 sweet red peppers; 1 qt. green string beans; 2 bunches carrots; 1 qt. sliced green tomatoes; 2 large cauliflowers; 1 doz. small sour cucumber pickles; 2 qts. lima beans:

Boil all but the pickles separately until tender. Soak in brine over night (1 cup salt to 1 gallon water). In the morning drain and make following sauce:

1 cup flour; 1 tablespoon turmeric; 1½ cups sugar; 6 level tablespoons Colman's Mustard; 2 qts. cider vinegar:

Scald vinegar and sugar. Add flour, mustard and turmeric mixed with cold water until consistency of cream. Carefully boil, stirring to prevent lumping. Add pickles and cook until just heated through. Seal in sterilized jars.

BEST EVER MUSTARD PICKLES—24 green cucumbers; 3 heads cauliflower; 2 qts. green tomatoes; 6 green peppers; 1 qt. small onions; 2¼ cups salt:

Cut cucumbers, cauliflower, and tomatoes in small pieces. Chop onions and peppers together. Mix ingredients and sprinkle with salt. Add just enough water to cover and let stand over night.

Bring to a boil in the same water next morning, then drain. Make the following mustard sauce:

1 cup flour; 4 cups sugar; 1 oz. celery seed; ½ lb. Colman's Mustard; ½ oz. turmeric; 3 quarts vinegar:

Mix dry ingredients and slowly add 1 quart of vinegar, stirring to dissolve all lumps. Heat to boiling point 2 quarts of vinegar, then gradually add first mixture, stirring constantly to keep from sticking. After boiling a few minutes pour over pickles. Mix well and seal while hot in sterilized jars.

PICCALILLI—2 quarts red tomatoes; ½ peck green tomatoes; 1 head cabbage; 15 white onions; 10 large green cucumbers; salt; 3 quarts cider vinegar; 4 lbs. brown sugar; ⅛ cup turmeric; ¼ cup black pepper seed; 1 ounce celery seed; ¼ lb. mustard seed; 1 cup olive oil; 1 quart vinegar; ½ lb. Colman's Mustard:

Chop the vegetables and place in layers in a porcelain dish; a layer of salt between the layers of vegetables. Let stand over night, then drain, discarding the liquid. Drain well. Heat the vinegar, sugar, seeds and turmeric together, and pour over the vegetables. Let stand 48 hours. Drain off liquor, add mustard mixed with olive oil and 1 quart vinegar, and pour over the vegetables. Pack in sterilized jars.

OLD VIRGINIA CABBAGE PICKLE—4 quarts chopped cabbage; 4 green peppers chopped; 4 medium sized onions chopped; 4 tablespoons sugar; 2 tablespoons salt; ½ cup Colman's Mustard; 3 pts. cider vinegar; scant ½ tablespoon turmeric; ½ cup flour.

Mix cabbage, peppers, onions, sugar, salt and vinegar and cook for ¾ of an hour. Mix mustard smooth with a little vinegar and stir in. Mix ½ cup flour with the turmeric, make smooth with a little vinegar, add slowly to first mixture, stirring constantly, and cook until thick. Pack hot in sterilized jars.

APPLE CHUTNEY—4 lbs. sour apples; 2 lbs. white onions; 2 quarts cider vinegar; 2 lbs. seedless raisins; 1 lb. celery; 4 large red peppers; 1 ½ lbs. sugar; 2 level tablespoons Colman's Mustard; 2 teaspoons salt; 1 teaspoon turmeric (optional):

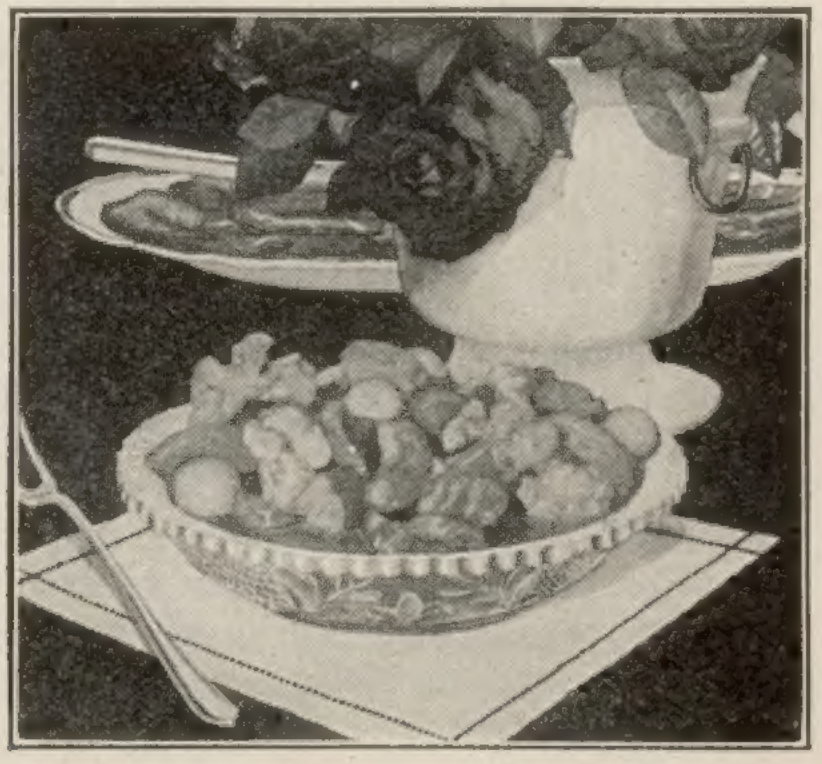
Soak the onions in brine (1 tablespoon salt to 1 quart water) over night. Drain them and put them through the food chopper. Pare the apples and put them through the food chopper. Pour 1 pint vinegar over the apples and raisins and let them stand over night. Add the onions and other ingredients, and cook the mixture until the vegetables are clear and tender. Seal it in sterilized bottles or jars.

CHILI SAUCE—24 medium-sized ripe tomatoes; 2 green peppers; 2 red peppers; 8 onions; 1 quart vinegar; 8 tablespoons sugar (quantity might be increased); 4 teaspoons salt; 1 tablespoon ground allspice; 4 teaspoons whole allspice; 1 large stick cinnamon; 1¼ teaspoons Colman's Mustard (quantity might be increased):

Blanch and slice the tomatoes, chop the onions and peppers. Combine the ingredients and cook the mixture until it is thick. Seal it in sterilized bottles or jars.

MUSTARD OIL PICKLE—100 small cucumbers; 1 quart small onions; 1 pint olive oil; 1 ounce celery seed; 2 quarts vinegar; ¼ lb. Colman's Mustard; ¼ lb. mustard seed; 1 tablespoon black pepper:

Cut the cucumbers and onions in slices. Put in an enamel dish in layers with salt between. Put a heavy weight above, and let stand over night. Drain off liquor. Mix seasonings in oil, then gradually stir in the vinegar—pour all over the pickles. Mix well and store in sterilized jars and seal as in canning.



COLMAN'S MUSTARD